

Clabber Girl



Baking
Book I



AN OPPORTUNITY is now furnished the Public to secure a Baking Powder containing the desirable qualities necessary for producing a thoroughly healthful article of the "Staff of Life," and which is equally good for Finest Cakes and Pastry.

What Experts Say

Cakes baked with Clabber Girl Baking Powder possess that nice velvety look, also good taste which counts so much toward good cake; and foods deliciously prepared create a keen appetite, inducing gastric juices to extract from such foods the life-giving substances that nourish the human body.

An Interesting Letter

"FOR a year I have made Biscuits with SOUR MILK and CLABBER GIRL Baking Powder with the usual amount of shortening and salt. The biscuits thus made were far superior in flavor and lightness to biscuits made by combining sweet milk and Baking Powder, or the time-honored soda and sour milk biscuits.

"The majority of country housewives use soda and any brand of baking powder to make biscuits with sour milk, but they can never be sure their bread will be a success under all conditions. The milk or the stove may not be just right or they may fail to get just the right amount of soda, and thus the bread lacks the degree of whiteness or lightness desired. I discovered, however (when boarding with different people in the various neighborhoods where I taught) one woman who never failed to produce delicious biscuits at all times. When I inquired how she acquired such miraculous results in biscuit making, she told me she always used CLABBER GIRL BAKING POWDER (without soda), the usual shortening and salt with sour milk. She had made bread for over three years without a failure with this method; whereas, she could not make soda bread more than two or three times a week with good results. When I began my housekeeping career I followed her advice and discovered that I, too, could make good bread when I had but little experience. I fail to find any other Baking Powder which has this peculiar merit and for that reason it seems to me the public should be made aware of it—think of the advantage to the housewives throughout the land when they learn that at last a Baking Powder has been discovered which has no restrictions in regard to the milk used with it."

Clabber Girl - Never Fails

Leaves No Bitter Taste

"I have found CLABBER GIRL BAKING POWDER superior to all others. Its well known dependability makes baking a success. I take pleasure in everything I bake, confident everything will be excellent, and to have success it is essential to use the purest Baking Powder. I never fear the loss of eggs, butter, flour and other ingredients, for with CLABBER GIRL there is no such word as failure.

"I find it economical. All foods I bake with it are wholesome and delicious, and there is never any bitter taste in the food as I have experienced when using some baking powder.

"When cooking vegetables such as cabbage and carrots, I put a pinch of baking powder in the boiling water while they are cooking and the vegetables retain their natural color.

"I always use a little bit in my pie dough and in everything I bake I use the best, and the best is CLABBER GIRL."



The ORIGIN of Baking

IN MODERN TIMES, as compared with wheat flour, all other materials used for baking bread are of comparative insignificance.

The varieties of Wheaten bread are divisible into two great classes—Unvesiculated and Vesiculated Bread.

Unvesiculated bread is the simplest form of bread and the rudest baking—a cake made from dough composed of flour, salt and water laid on a hot stone and baked in the dying embers of a wood fire, and when exposed to a high heat so that the resulting cake is hard, dry and resonant, Biscuits (bis-cuit—"twice baked") are formed.

Vesiculated Bread includes all bread rendered spongiform in structure by the development of carbonic acid within the dough through fermentation of the flour, or, by the disengagement of carbonic acid from ingredients introduced into the dough.

A great amount of private or domestic baking is conducted on the same principle, buttermilk and bicarbonate of soda being used for mixing the dough in making "scones." In this instance the lactic acid of the Milk combines with the soda, liberating carbonic acid.

Clabber Girl Baking Powder depends for its action on the mixture of Bicarbonate of Soda and certain acid reacting materials.

Sound flour yields from 90 to 94—4 pound loaves per bag of 280-lb. flour.

Well baked Bread or Biscuits should have a yellowish brown crust; the crumb should be uniform in texture, permeated with minute cavities and without "eyes" or large air cells: this can only be accomplished by thoroughly mixing Clabber Girl Baking Powder with the Flour before any moisture is added.

Wheat flour contains nearly all the elements that make up the superstructure of man, and Blood is the life. Without pure, strong, healthy blood the human system suffers from all complaints that the human family is heir to—

Those who have noticed the unpleasant odors emanating from hot biscuits made from inferior material will appreciate the deliciousness exhaled from those made of standard wheat flour with the good old Clabber Girl Baking Powder.

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Balanced Double Action of CLABBER GIRL...

IN EVERYTHING YOU BAKE, the dependable, double-rising action of CLABBER GIRL Baking Powder assures lightness, tenderness, wholesomeness and full flavor-protection.

The first rising action takes place in the mixing bowl when liquids are added to the dry ingredients; the second rising action takes place during the process of baking.

Foods baked with CLABBER GIRL Baking Powder are thoroughly leavened and therefore easier to digest.

The 7 VITAMINS

... a few of their Sources and their functions

VITAMIN "A" IN-	VITAMIN "B" IN-	VITAMIN "C" IN-	VITAMIN "D" IN-	VITAMIN "E" IN-	VITAMIN "F" IN-	VITAMIN "G" IN-
CHEESE BUTTER ALFALFA CLOVER SPINACH CARROTS LIVER EGG YOLK CREAM COD LIVER OIL	DRIED LENTILS DRIED BEANS WHEAT GERM SPINACH OKRA YEAST	ORANGE JUICE LEMON JUICE GRAPE FRUIT JUICE TOMATOES TANGERINES RAW CABBAGE LETTUCE RAW GREEN PEAS CLOUD BERRIES SPINACH	COD LIVER OIL SARDINE OIL SARDINES SUNSHINE LAMPS	WHEAT WHEAT GERMS	LIVER LETTUCE	MEAT MILK YEAST
PROMOTES GROWTH AND GUARDS HEALTH	PREVENTS BERI-BERI	PREVENTS SCURVY	PREVENTS RICKETS	PREVENTS STERILITY	AIDS GROWTH	PREVENTS PELLAGRA

Courtesy Arthur R. Mass Chemical Laboratories

PROPER COOKING, especially of vegetables, is necessary to retain the full vitamin content. Use as little water as possible, especially in cooking green vegetables. Avoid long cooking and the use of soda. Retain the cooking water for use in soups, and sauces, since certain vitamins dissolve in water and would otherwise be lost.

When making an Omelet, if a teaspoon of CLABBER GIRL BAKING POWDER is added to every four eggs and beaten in thoroughly, the Omelet will be considerably lighter, more attractive and tasty.

CLABBER GIRL BAKING POWDER added to a recipe for bread or rice pudding eliminates all danger of having a heavy, soggy pudding.

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Important points for **PERFECT BAKING RESULTS**

BAKING POWDER—Always use CLABBER GIRL Baking Powder for the recipes in this book. Each recipe tells you the correct amount to use. (Other brands of baking powder may require a greater amount.) ★

MEASURING INGREDIENTS—Measure all ingredients for each recipe *carefully*. Many baking failures are caused by *carelessness* in measuring and mixing.

Use a standard half-pint measuring cup. A greater convenience is a set of four measuring cups, in 1-cup, $\frac{1}{2}$ -cup, $\frac{1}{3}$ -cup and $\frac{1}{4}$ -cup sizes. Also use a set of four standard measuring spoons in 1-tablespoon, 1-teaspoon, $\frac{1}{2}$ -teaspoon and $\frac{1}{4}$ -teaspoon sizes. These cost very little and add much to your success in baking.

All measurements given are *level*—absolutely level with the edge of cup or spoon. (Never use “heaping” or “rounded” measurements.) If less than full capacity of measuring utensil is required, portion out proper amount carefully.

★
FLOUR—Always sift the flour *before* measuring, and then dip it *lightly* into the measuring cup. Do not *pack* the flour into the cup.

A high-grade “all-purpose” flour is suitable for most baking recipes. A *soft wheat* flour (cake or pastry flour) is preferable for making cakes.

★
SHORTENING—Whether you use butter, lard or vegetable shortening, be sure it is fresh and sweet.

To measure solid shortening, pack firmly into the cup or spoon, and level off. Four level tablespoons of solid shortening equal $\frac{1}{4}$ cup. If print butter or lard is used, $\frac{1}{4}$ pound equals $\frac{1}{2}$ cup.

★
“BEATING”—*Beating* a batter is a different motion from *stirring*. To beat, you rapidly *lift up* the batter from the bottom of the bowl over and over, which blends the ingredients and also introduces air into the mixture. Use a mixing bowl large enough to permit beating the batter without spilling.

CAUTION: Do not beat the “lumps” out of muffin or cornbread batter. Such batter should be lumpy when poured into the baking pans.

★
OVEN HEAT—Be sure your oven is at the proper heat. If your oven does not have a heat regulator, a portable oven thermometer is desirable, to determine the temperature in the oven. Do your baking as nearly as possible to the center of the oven, where the heat is most uniform. However, if you are baking on two oven racks, do not put one pan directly above the other. Arrange the pans so that an equal amount of heat reaches the *bottom* of each pan.

Forget Baking Failures—Use Clabber Girl!



Biscuits and Muffins

Clabber Girl Muffins—1 Egg

2 cups sifted flour	1 egg, beaten
2 teaspoons CLABBER GIRL BAKING POWDER	1 cup milk
½ teaspoon salt	4 tablespoons melted shortening
2 tablespoons sugar	

Sift the flour with the baking powder, salt and sugar. Combine the egg, milk and shortening. Turn the milk mixture into the dry ingredients all at one time and stir quickly and vigorously until all ingredients are just mixed, and have a lumpy appearance. (This will take from 10 to 20 seconds of stirring and beating). Fill the greased muffin pans about 2/3 full of batter. Bake 25 minutes in a hot oven (425 degrees F.). Makes 12 to 15 muffins, 2½ inch size. (For fruit or nut muffins, add ½ to 1 cup of finely chopped, dried fruit, raisins or nuts to dry ingredients in above recipe.)

Bran Muffins

Instead of 2 cups sifted flour in muffin recipe above, use 1 cup ready-to-eat bran cereal and 1 cup sifted flour. Reduce the shortening to 2 tablespoons and add 2 tablespoons molasses to the milk and egg mixture.

Cheese Muffins—2 Eggs

2 eggs	1 teaspoon paprika
¾ cup milk	¾ cup grated cheese
2 cups flour	4 tablespoons melted shortening
1 teaspoon salt	
4 teaspoons CLABBER GIRL BAKING POWDER	

Beat eggs well, and reserve two tablespoonfuls. Combine with the paprika. Add milk to larger portion of beaten egg. Add grated cheese, melted shortening. Mix well. Fill greased muffin pans and brush over with paprika and egg. Bake in hot oven.

Clabber Girl Biscuits

2 cups sifted flour	1 teaspoon salt
2 teaspoons CLABBER GIRL BAKING POWDER	4 tablespoons shortening
	About 2/3 cup milk

Sift dry ingredients together. Then work in shortening with finger tips or with large fork or pastry blender, to mix thoroughly. Add sufficient milk, while stirring vigorously, to make a soft dough. Lightly roll or pat on floured board to about ¾-inch thickness. Cut with floured biscuit cutter and place on greased baking pan. Bake immediately in hot oven (450 degrees F.) for 12 to 15 minutes. Makes 14 biscuits, 2-inch size.

Cheese Biscuits

Add ½ cup grated American cheese to biscuit recipe at time of working in shortening, or sprinkle cheese on tops of biscuits before baking.

Fruit or Nut Biscuits

Add ¾ cup currants, raisins or nutmeats to biscuit recipe, before pouring in the milk.

Lemon Tea Biscuits

2 cups sifted cake flour	2/3 cup milk
2 teaspoons CLABBER GIRL BAKING POWDER	4 tablespoons sugar
½ teaspoon salt	1½ teaspoons grated lemon rind
4 tablespoons butter or other shortening	¼ teaspoon lemon juice (about)
1½ teaspoons grated lemon rind	

Sift flour once, measure, add baking powder and salt, and sift again. Cut in shortening; add lemon rind and blend. Add milk all at once and stir carefully until all flour is dampened. Then stir vigorously until mixture forms a soft dough and follows spoon around bowl. Turn out immediately on slightly floured board and knead 30 seconds. Roll ¼ inch thick and cut with floured 1½-inch biscuit cutter. Combine sugar, lemon rind, and enough lemon juice to make a crumbly mixture. Place half of biscuits in greased muffin pans or on greased baking sheet; spread with melted butter and with sugar mixture, and top with remaining biscuits, pressing lightly together. Bake in hot oven (450 degrees F.) 8 to 10 minutes, or until done. Makes 2½ dozen small biscuits.

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Quick Breads

THERE is nothing like fine quick breads such as tender, flaky biscuits, light fluffy muffins and quality griddle cakes baked with CLABBER GIRL BAKING POWDER.



Date Nut Bread—2 Eggs

3 cups sifted flour	2 cups sugar
2 teaspoons soda	2 eggs
2 teaspoons CLABBER GIRL BAKING POWDER	1 3/4 cups hot coffee or water
1/4 teaspoon salt	1/2 cup walnut meats, broken
1/4 cup shortening	1 1/2 cups dates, chopped
	1 1/2 teaspoons vanilla

Sift flour, baking powder, soda and salt together. Cream shortening. Add sugar gradually. Mix well. Add beaten eggs and vanilla and beat thoroughly. Mix dates and nut meats with sifted dry ingredients and add alternately with liquid. Pour into loaf pans lined with waxed paper. Let stand 15 minutes. Bake in moderate oven.

Doughnuts—1 Egg

1 tablespoon shortening	1/4 teaspoon nutmeg
1 cup sugar	1 teaspoon salt
1 egg, well-beaten	2 teaspoons CLABBER GIRL BAKING POWDER
About 6 cups sifted flour	1 cup milk
1/4 teaspoon cinnamon	

Cream the shortening and sugar until well blended. Add egg. Sift 4 cups of flour with the remaining dry ingredients. Add to the egg mixture alternately with the milk. Beat well, then add enough of the remaining flour to make a soft dough that can be easily rolled. Roll 1/2 inch thick on a floured board. Cut into desired shapes and fry on both sides in deep fat (heated 360 to 370 degrees F.) until brown and cooked. Drain on absorbent paper. Serve plain or dusted with powdered sugar.

Brown Sugar Syrup

1 cup brown sugar	3/4 cup water
1/2 cup white sugar	

Mix sugar and water together. Boil 3 minutes. Makes a delicious, inexpensive syrup for griddle cakes and waffles.

Clabber Girl Nut Bread—1 Egg

3 cups sifted flour	1 cup chopped nuts
1/2 cup sugar	1 1/2 cups milk
1 teaspoon salt	1 egg, beaten
3 teaspoons CLABBER GIRL BAKING POWDER	3 tablespoons melted shortening

Sift together the dry ingredients and add the nutmeats. Add the milk mixed with the beaten egg and shortening. Beat well. Pour into a large greased loaf pan, size about 10 inches by 5 inches by 3 1/2 inches. Bake one hour in a moderate oven (375 degrees F.). Pecans, walnuts, almonds or peanuts may be used. Brown sugar may be used instead of granulated sugar. Bread may be served hot, if desired, but nut flavor increases when bread is allowed to cool.

Banana Bread—1 Egg

2 cups flour	1 egg
2 teaspoons CLABBER GIRL BAKING POWDER	2 tablespoons sour milk
1/2 teaspoon salt	1 1/2 cups mashed bananas
2 tablespoons shortening	1/2 cup walnut meats broken
1 cup sugar	

Sift the flour, baking powder, and salt together. Cream shortening, add sugar and beaten egg. Mix well. Mash bananas and rub through sieve. Add milk. Add nuts to sifted dry ingredients and fold into creamed mixture gradually, alternating with milk and bananas. Pour into pan lined with waxed paper, and bake in moderate oven (350 degrees F.) 1 hour.

Griddle Cakes—1 Egg

1 1/3 cups sifted flour	1 egg, beaten
1 3/4 teaspoons CLABBER GIRL BAKING POWDER	3/4 cup milk
3/4 teaspoon salt	3 tablespoons melted shortening
3 tablespoons sugar	

Sift together the dry ingredients. Combine the egg, milk and shortening and add to the dry ingredients gradually, stirring until smooth. Drop the batter from tip of a spoon onto hot griddle, which has been greased or not, according to manufacturer's directions. Cook on one side, and when puffed and full of bubbles and cooked on the edges, turn and cook on the other side. Makes 11 griddle cakes, 4 inches in diameter.

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Pocketbook Rolls

2 cups sifted cake flour	1 tablespoon butter or other shortening
2 teaspoons CLABBER GIRL BAKING POWDER	2/3 cup milk
1/2 teaspoon salt	

Sift flour once, measure, add baking powder and salt, and sift again. Cut in shortening; add milk all at once and stir carefully until all flour is dampened. Then stir vigorously until mixture forms a soft dough and follows spoon around bowl. Turn out immediately on well floured board and knead lightly 2 or 3 minutes. Roll 1/4 inch thick. Cut with floured 2-inch biscuit cutter. Fold double and press edges together lightly. Place in greased pan; brush tops with melted butter. Cover and let rise in warm place 20 minutes. Bake in hot oven (425 degrees F.) 10 minutes. Again brush tops with melted butter; continue baking 5 to 10 minutes. Remove from oven; brush tops with butter. Makes 18 rolls.

Poppy Seed Rolls

Use recipe for Pocketbook Rolls. Place in greased pan; brush tops with melted butter and sprinkle generously with poppy seeds. Cover, let rise in warm place 20 minutes and bake as directed, dropping melted butter from teaspoon, instead of brushing on rolls, to avoid displacing any of the poppy seeds.

Waffles—2 Eggs

1 3/4 cups sifted flour	2 eggs
2 teaspoons CLABBER GIRL BAKING POWDER	1 1/4 cups milk
1/4 teaspoon salt	6 tablespoons melted shortening

Sift together the dry ingredients. Separate the eggs and beat the egg yolks until light; add with the milk and the melted shortening to the dry ingredients. Beat the egg whites stiff and fold them into the waffle batter. Bake on a waffle iron, following manufacturer's directions for operating the iron. Makes 6 to 8 waffles.

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Quick

Coffee Cake—2 Eggs

6 tablespoons shortening	1 teaspoon salt
1 1/4 cups sugar	1 1/2 teaspoons CLABBER GIRL BAKING POWDER
2 eggs, well-beaten	4 teaspoons cinnamon
2 cups sifted cake or pastry flour	1 cup milk

Cream shortening. Add 1 cup of the sugar gradually, creaming thoroughly. Add the eggs well-beaten and blend thoroughly. Sift together the flour, salt, baking powder and 2 teaspoons of the cinnamon, and add this mixture alternately with the milk to the first mixture. Pour into a large greased shallow pan, size 12 x 8; sprinkle top with remaining sugar and cinnamon mixed together. Bake 45 minutes in a moderate oven (375 degrees F.).

Whole Bran Brown Bread—1 Egg

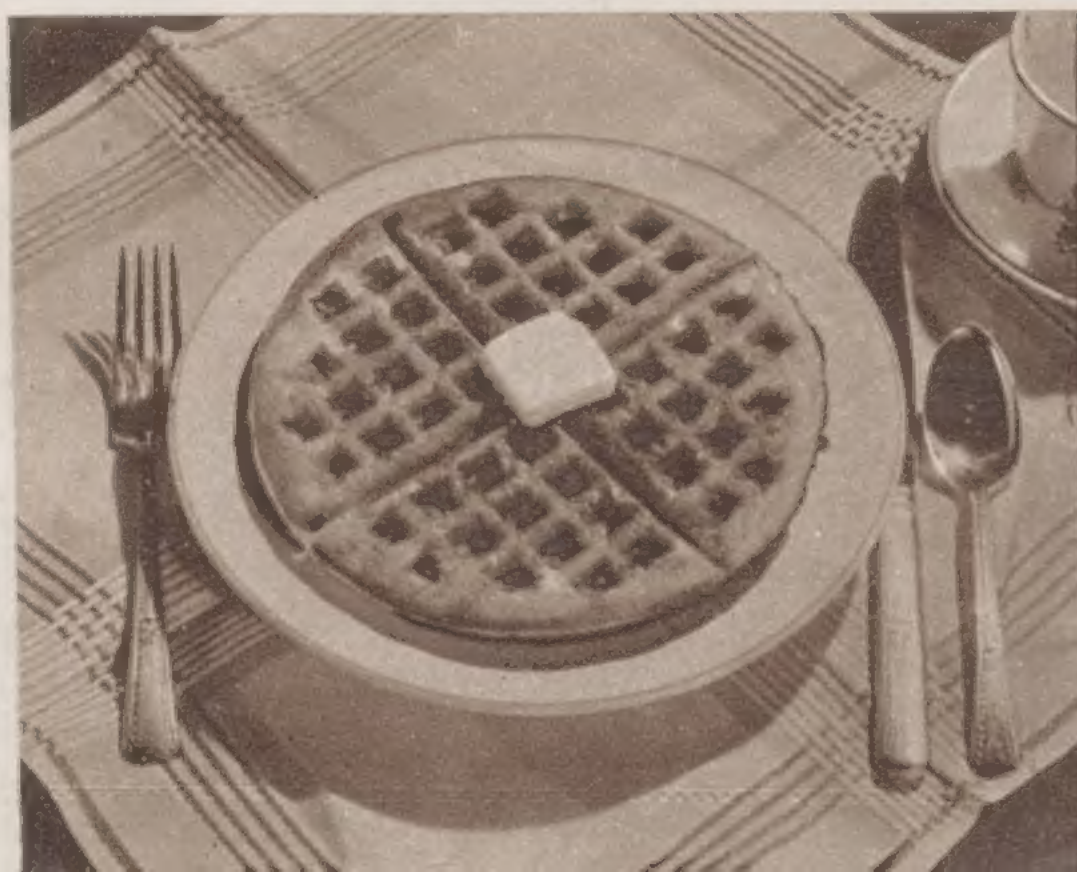
1 1/2 cups sifted flour	1 cup milk
3 teaspoons CLABBER GIRL BAKING POWDER	3 tablespoons molasses
1/2 cup sugar	1 1/2 cups Whole Bran
1/2 teaspoon salt	1 egg, well beaten
1/2 cup raisins	4 tablespoons melted butter or other shortening

Sift flour once, measure, add baking powder, sugar, and salt, and sift again. Add raisins. Pour milk and molasses over Whole Bran; add egg and shortening. Add to flour mixture and blend. Bake in greased loaf pan, 8 x 4 x 3 inches, in moderate oven (350 degrees F.) 1 hour, or until done. Bread should be stored for at least a day before cutting in thin slices.

Banish Baking Worries

Forever

Use Clabber Girl!



Breads

Corn Bread—1 Egg

$\frac{3}{4}$ cup yellow cornmeal	$\frac{1}{2}$ teaspoon salt
$1\frac{1}{2}$ cups sifted flour	1 egg, well-beaten
2 teaspoons CLABBER GIRL BAKING POWDER	1 cup milk
2 tablespoons sugar	4 tablespoons melted shortening

Sift the cornmeal and flour with the baking powder, sugar and salt. Combine the egg, milk and shortening. Turn the milk mixture into the dry ingredients all at one time and stir quickly and vigorously until all ingredients are just mixed and have a lumpy appearance. Turn into a greased shallow pan, size 8 x 2 inches deep. Bake 30 to 35 minutes in a moderate oven (375 degrees F.).

Graham Muffins

1 cup graham flour	1 egg
1 cup white flour	$\frac{3}{4}$ cup milk
4 teaspoons CLABBER GIRL BAKING POWDER	4 tablespoons brown sugar
1 teaspoon salt	4 tablespoons melted shortening

Mix and sift dry ingredients—beat egg, add sugar, milk and melted shortening. Combine with dry ingredients and pour into greased muffin tins and bake from 25 to 30 minutes, temperature 400 degrees.

Orange Nut Bread

4 cups flour	4 tablespoons shortening
$1\frac{1}{4}$ cups sugar	2 eggs
4 teaspoons CLABBER GIRL BAKING POWDER	2 cups milk
$\frac{1}{2}$ teaspoon salt	$1\frac{1}{4}$ cups orange peel, cut fine
$1\frac{1}{4}$ cups nuts	

Sift dry ingredients together, add the nuts, cut fine, and the orange peel. Beat eggs, add the milk and melted shortening. Mix carefully. Turn into a buttered bread pan and bake from 1 to $1\frac{1}{4}$ hours, temperature 375 degrees.



Cakes

Apple Sauce Cake—4 Eggs

$\frac{2}{3}$ cup butter	1 teaspoon grd. cloves
2 cups sugar	1 teaspoon grd. cinnamon
4 egg yolks	$\frac{1}{2}$ teaspoon grd. nutmeg
$\frac{3}{4}$ cup cold thick unsweetened apple sauce	$\frac{1}{2}$ teaspoon grd. allspice
$\frac{1}{2}$ cup milk	4 tablespoons cocoa
$2\frac{1}{2}$ cups cake flour	1 teaspoon vanilla
3 teaspoons CLABBER GIRL BAKING POWDER	$\frac{2}{3}$ cup raisins
	$\frac{1}{2}$ cup nut meats
	4 egg whites

Cream the butter; add the sugar, beat until well blended; add egg yolks and apple sauce and beat until the mixture is smooth; then add the milk alternately with the cake flour, which should be sifted four or five times with the baking powder and spices; add vanilla, raisins and nuts, fold in the beaten egg whites; turn into greased layer cake tins, and bake in a moderate oven (325 degrees—350 degrees F.) about 40 minutes.

Apricot Upside Down Cake—1 Egg

2 tablespoons butter	1 cup sifted cake flour
$\frac{1}{3}$ cup brown sugar	$1\frac{1}{2}$ teaspoons CLABBER GIRL BAKING POWDER
1 No. 2 can Apricots	Few grains salt
2 tablespoons butter	$\frac{1}{2}$ cup milk
$\frac{1}{2}$ cup sifted sugar	$\frac{1}{2}$ teaspoon vanilla
1 egg	

Butter deep pan with first amount of butter and sprinkle with brown sugar. Arrange drained apricots over bottom of pan. Cream shortening and sugar. Add beaten egg yolk. Sift dry ingredients together and alternately add with milk to first mixture. Flavor. Fold in stiffly beaten egg white last of all. Turn into pan over fruit and bake in moderate oven (350 degrees F.) 45 minutes.





Perfect Cakes

SO EASY
TO BAKE !

SUCCESS IN CAKE-BAKING is not a matter of luck, but is the result of careful measuring and mixing of the ingredients, and proper oven heat.

Get your oven at the proper heat before you start baking the cake, and maintain that heat. Put cake pans in center of oven for the most uniform heat. Before removing cake from oven, make the following tests: A wire or clean broom straw inserted in center of cake should come out clean and dry. Cake should have risen fully, and shrunk slightly from sides. Top should have a delicate brown crust.

Surface of cake, when pressed lightly with finger tips, should spring back without leaving a depression. After removing cake from oven (any cake in which shortening has been used), let cool in pan for about 5 minutes, then turn out on a wire rack, right side up, to finish cooling.

In making cakes, it is always desirable to use *soft wheat* flour. Cake and pastry flours are milled from *soft wheat*, giving a much lighter texture than cake made from *hard wheat* bread flours.

If an "all-purpose" flour is used, it absorbs more moisture than cake flour. Therefore, to prevent cake from being dry and heavy, use *less flour*—2 tablespoons less from each sifted cupful called for in the recipe.

Clabber Girl White Cake—3 Eggs

$\frac{1}{2}$ cup shortening	$\frac{1}{2}$ teaspoon salt
1 cup sugar	$\frac{1}{2}$ cup milk
2 cups sifted cake or pastry flour	1 teaspoon vanilla
2 teaspoons CLABBER GIRL BAKING POWDER	3 egg whites

Cream the shortening thoroughly, then add sugar gradually, creaming until the mixture is light and fluffy. Sift dry ingredients together. Mix vanilla with milk, and add alternately with combined dry ingredients, to the sugar mixture. Beat with spoon after each addition until smooth. Beat egg whites stiff, but not dry, and fold carefully into cake batter. Turn into loaf pan, 8 x 2 inches deep, which has been well greased and lightly floured, or lined with wax paper. Bake 50 to 60 minutes in moderate oven (350 degrees F.).

Layer Cake

Turn batter into two greased and lightly floured 8-inch layer cake pans and bake 25 to 30 minutes in moderate oven (375 degrees F.).

Cup Cakes

Turn batter into 2 dozen greased and lightly floured cup cake pans. Bake 20 to 30 minutes in moderate oven (375 degrees F.).

One-Egg Cake

4 tablespoons shortening	2 teaspoons CLABBER GIRL BAKING POWDER
$\frac{2}{3}$ cup sugar	$\frac{1}{2}$ teaspoon salt
1 teaspoon vanilla	1 cup milk
1 egg, well-beaten	
$2\frac{1}{4}$ cups sifted cake or pastry flour	

"Cream" the shortening by repeatedly pressing it against the side of the bowl with the back of a spoon until it is as soft and smooth as thick cream. Then add the sugar gradually, while beating, until mixture is light and fluffy. Then add vanilla and egg. Sift the dry ingredients together and add alternately with the milk to the shortening mixture. Beat to a smooth batter. Turn into a greased pan, size about 8 inches square by 2 inches deep. Bake 50 to 60 minutes in a moderate oven (350 degrees F.). May be served as a hot dessert, with a hot, sweet sauce, or topped with frosting and served as cake.

Chocolate Fudge Cake

2 cups sifted cake flour	1 cup sugar
2 teaspoons CLABBER GIRL BAKING POWDER	1 egg, well beaten
$\frac{1}{2}$ teaspoon salt	2 squares unsweetened chocolate, melted
$\frac{1}{2}$ cup butter or other shortening	$\frac{3}{4}$ cup milk
	1 teaspoon vanilla

Sift flour once, measure, add baking powder and salt, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg and beat well; then chocolate and blend. Add flour, alternately with milk, a small amount at a time. Beat after each addition until smooth. Add vanilla. Bake in greased pan, 8 x 8 x 2-inches, in moderate oven (325 degrees F.) 1 hour, or until done.

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Fruit Cake—10 Eggs

1 pound (4½ cups) sifted cake flour	1 pound dates, seeded and sliced
1 teaspoon CLABBER GIRL BAKING POWDER	1 pound raisins
½ teaspoon cloves	1 pound currants
½ teaspoon cinnamon	½ pound citron, thinly sliced
½ teaspoon mace	½ pound candied orange and lemon peel
1 pound butter or other shortening	½ pound nut meats, chopped
1 pound brown sugar	1 cup honey
10 eggs, well beaten	1 cup molasses
½ pound candied cherries	½ cup cider
½ pound candied pineapple	

Sift flour once, measure, add baking powder and spices, and sift together three times. Cream shortening thoroughly, add sugar gradually, and cream together until light and fluffy. Add eggs, fruits, peel, nuts, honey, molasses, and cider. Add flour gradually. Turn into four 8 x 8 x 2-inch pans which have been greased, lined with heavy paper, and again greased. Bake in slow oven (350 degrees F.) 3 to 3½ hours. Makes 10 pounds fruit cake.

Chocolate Sponge Layer Cake 4 Eggs

1¼ cups sifted cake flour	1 cup milk
1¼ teaspoons CLABBER GIRL BAKING POWDER	1½ cups sugar
½ teaspoon soda	4 egg yolks, beaten until thick and lemon-colored
½ teaspoon salt	1 teaspoon vanilla
4 squares unsweetened chocolate	4 egg whites, stiffly beaten

Sift flour once, measure, add baking powder, soda, and salt, and sift together three times. Add chocolate to milk and heat in double boiler. When chocolate is melted, stir until blended; add ½ cup sugar and cook until thickened, stirring constantly. Cool. Add remaining sugar gradually to egg yolks, beating with rotary egg beater until mixture becomes very thick and light-colored. Add chocolate mixture and flavoring and blend. Fold in flour, a small amount at a time; then egg whites. Turn into two greased 9-inch layer pans. Bake in moderate oven (350 degrees F.) 30 minutes.

Economical Gold Cake—3 Egg Yolks

2 cups sifted cake flour	3 egg yolks, beaten until thick and lemon-colored
2 teaspoons CLABBER GIRL BAKING POWDER	¼ cup milk
½ cup butter or other shortening	1 teaspoon vanilla, or
1 cup sugar	½ teaspoon orange extract

Sift flour once, measure, add baking powder, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg yolks and beat well. Add flour, alternately with milk, a small amount at a time. Beat after each addition until smooth. Add flavoring. Beat well. Bake in two greased 9-inch layer pans in moderate oven (375 degrees F.) 25 to 30 minutes.

Devil's Food Cake—2 Eggs

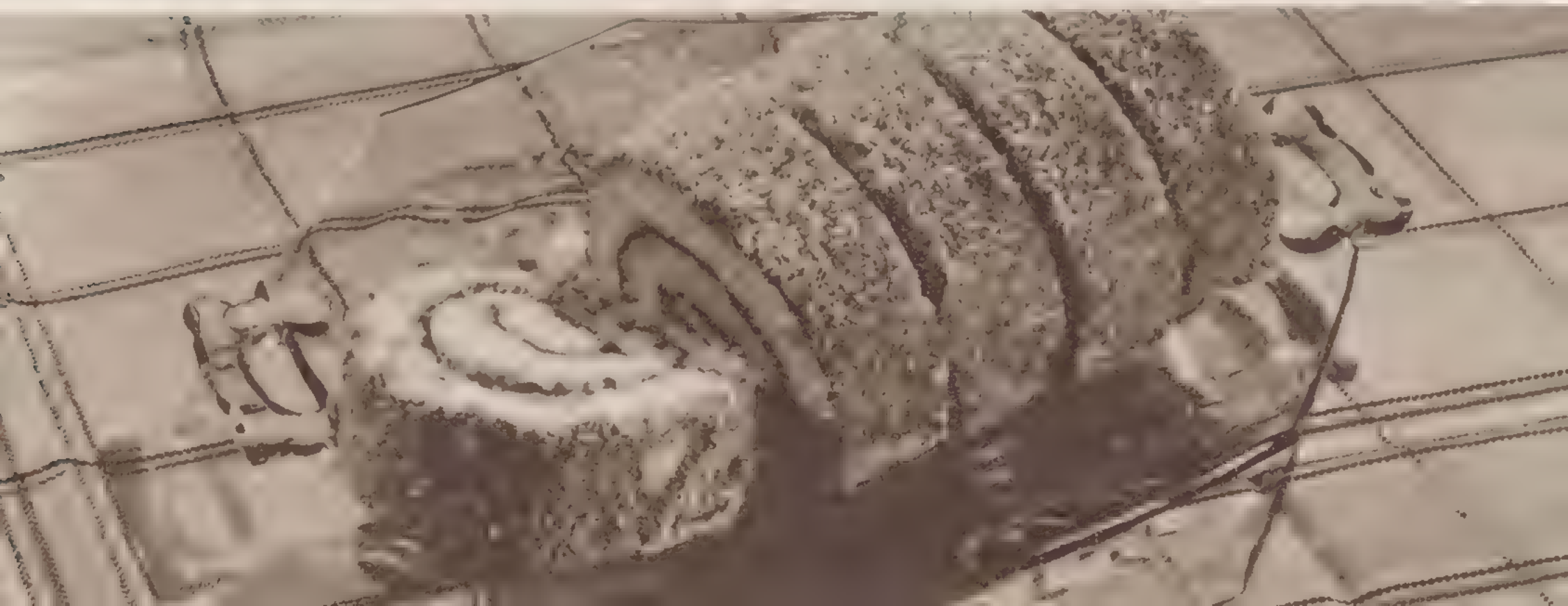
3 squares (3 oz.) unsweetened cooking chocolate	1 teaspoon vanilla
2/3 cup milk	1½ cups sifted cake or pastry flour
½ cup shortening	2 teaspoons CLABBER GIRL BAKING POWDER
1 cup sugar	½ teaspoon salt
2 eggs, well-beaten	

Combine the chocolate and milk in a saucepan and stir over low heat until smooth and thick; cool. Cream shortening thoroughly; add the sugar gradually, and cream the mixture until light and fluffy. Add the beaten eggs and vanilla and beat well. Sift the dry ingredients and add alternately with cooled chocolate mixture to the sugar mixture, beating until smooth. Turn into a greased and lightly floured loaf pan, size about 8 inches square by 2 inches deep. Bake 50 to 60 minutes in a moderate oven (350 degrees F.).

Angel Cake—8 Eggs

Whites of 8 eggs	1 teaspoon CLABBER GIRL BAKING POWDER
1 teaspoon cream of tartar	¾ cup flour
¾ cup granulated sugar	1 teaspoon vanilla or almond extract
¼ teaspoon salt	

Whip egg whites to firm, stiff froth; add cream of tartar; fold sugar in lightly. Fold in flour sifted four times with baking powder and salt; add flavoring. Bake in ungreased tube pan 45 to 50 minutes in moderate oven at (350 degrees F.). Invert pan and let stand until cold.





Cookies and Cake Frostings

Ice Box Cookies—2 Eggs

- | | |
|---------------------|--|
| 1 cup shortening | 3 cups sifted cake or pastry flour |
| 1 1/4 cups sugar | 2 teaspoons CLABBER GIRL BAKING POWDER |
| 2 eggs, well-beaten | 1/4 teaspoon salt |
| 1 teaspoon vanilla | |

Cream the shortening thoroughly, then add sugar gradually, creaming after each addition until light and fluffy. Add beaten eggs and vanilla and beat well. Sift together the flour, baking powder and salt, and add to sugar mixture, blending thoroughly. Form the dough, by hand, into two rolls about 8 inches long and two inches in diameter. Wrap in wax paper, store in refrigerator. Bake as needed. For baking, slice into 1/8-inch slices; place on greased baking sheet. Bake 8 to 10 minutes in a moderate oven (375 degrees F.). Makes 5 1/2 dozen cookies.

Brownies—2 Eggs

- | | |
|--|---|
| 2/3 cup sifted flour | 2 squares unsweetened chocolate, melted |
| 1/2 teaspoon CLABBER GIRL BAKING POWDER | 1 cup sugar |
| 1/4 teaspoon salt | 2 eggs, well beaten |
| 6 1/2 tablespoons butter or other shortening | 1 teaspoon vanilla |
| | 1/2 cup broken walnut meats |

Sift flour once, measure, add baking powder and salt, and sift again. Add butter to chocolate and blend. Combine sugar and eggs; add the chocolate mixture, beating thoroughly; then add flour, vanilla and nuts. Bake in greased pan, 8 x 8 x 2-inches, in moderate oven (350 degrees F.) 35 minutes. Cut in squares before removing from pan. Makes 2 dozen.

Sour Cream Cookies—2 Eggs

- | | |
|---------------------------------------|------------------------|
| 4 cups sifted flour | 1 3/4 cups sugar |
| 1 teaspoon soda | 1/2 teaspoon salt |
| 1 teaspoon CLABBER GIRL BAKING POWDER | 1 cup thick sour cream |
| 1 cup shortening | 2 eggs |
| | 1 teaspoon vanilla |

Sift flour, soda and baking powder together. Cream shortening, add sugar, salt and unbeaten eggs. Beat well. Add sour cream and dry ingredients alternately. Add vanilla. Chill. Roll thin. Cut with floured cookie cutter and place on greased cookie sheet. Sprinkle with sugar. Roll lightly. Bake in moderate oven. Remove from cookie sheet at once.

Fudge Frosting

- | | |
|---------------------------------|--------------------------------|
| 3 squares unsweetened chocolate | Dash of salt |
| 1 1/2 cups milk | 3 tablespoons light corn syrup |
| 3 cups sugar | 3 tablespoons butter |

Add chocolate to milk and place over low flame. Cook until mixture is smooth and blended, stirring constantly. Add sugar, salt, and corn syrup; stir until sugar is dissolved and mixture boils. Continue boiling, without stirring, until a small amount of mixture forms a very soft ball in cold water (232 degrees F.). Remove from fire. Add butter and vanilla. Cool to lukewarm (110 degrees F.). Beat until of right consistency to spread. If necessary, place over hot water to keep soft while spreading. Makes enough frosting to cover tops and sides of two 9-inch layers, or top and sides of 8 x 8 x 2-inch cake.

Orange Butter Frosting

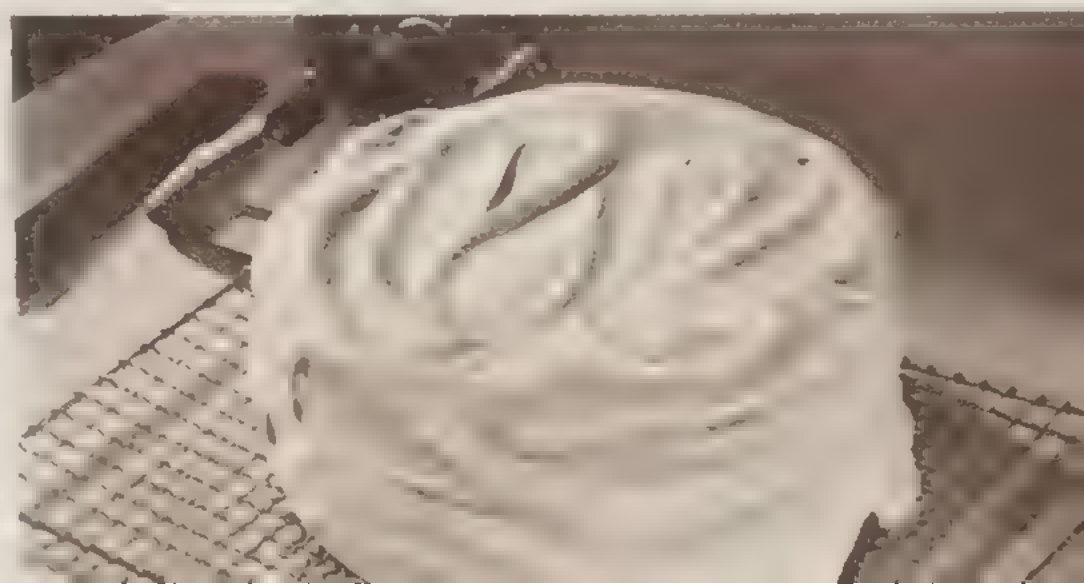
- | | |
|--------------------------------|------------------------------------|
| 3 teaspoons grated orange rind | 3 tablespoons butter |
| 1/2 teaspoon grated lemon rind | 1 egg yolk, unbeaten |
| 4 tablespoons orange juice | 1/8 teaspoon salt |
| 2 teaspoons lemon juice | 3 cups sifted confectioners' sugar |

Add orange and lemon rind to fruit juice and let stand 10 minutes; strain if desired. Cream butter; add egg yolk and salt and mix well. Add part of sugar gradually, blending after each addition. Add remaining sugar, alternately with fruit juice, until of right consistency to spread. Beat after each addition until smooth. Makes enough frosting to cover tops and sides of two 9-inch layers, or top and sides of 8 x 8 x 2-inch cake (generously), or about 3 dozen medium cup cakes.

Chocolate Icing

- | | |
|------------------------|---------------------------------|
| 1 egg | 2 squares unsweetened chocolate |
| 1 cup granulated sugar | 1/2 teaspoon vanilla |
| 1 tablespoon butter | |
| 1/2 cup milk | |

Beat egg until thick. Add butter, milk and sugar. Heat well in double boiler. Add melted chocolate. Cook until thick, stirring constantly. Add vanilla.



Pastries and Desserts

Pumpkin Chiffon Pie—3 Eggs

2 cups pumpkin	1/2 teaspoon salt
1 cup sugar	3 eggs, separated
2 1/2 to 3 teaspoons pumpkin pie spice	1/4 cup cold water
1/2 cup evaporated milk	1 tablespoon gelatin

Soften the gelatin in the cold water. In the upper part of a double boiler, place the pumpkin, sugar, spice, milk and salt. Mix thoroughly and cook over hot water until hot. Add gelatin mixture and stir until dissolved. Slowly add some of this mixture to the beaten egg yolks. Return all to double boiler and continue cooking for a few minutes. Cool. When it begins to congeal fold in the stiffly beaten egg whites. Pour into a baked pastry pie shell, a ginger snap, or graham cracker shell. Chill in refrigerator or cold place. Serve with whipped cream, slightly sweetened and flavored with vanilla.

Individual Strawberry Shortcakes

3 cups sifted cake flour	1/2 cup butter or other shortening
3 teaspoons CLABBER GIRL BAKING POWDER	3/4 cup milk
1 teaspoon salt	2 quarts strawberries, washed and hulled

Sift flour once, measure, add baking powder and salt, and sift again. Cut in shortening; add milk all at once and stir carefully until all flour is dampened. Then stir vigorously until mixture forms a soft dough and follows spoon around bowl. Turn out immediately on slightly floured board and knead 30 seconds. Roll 1/4 inch thick and cut with floured 3-inch biscuit cutter. Place half of circles on ungreased baking sheet; brush with melted butter. Place remaining circles on top and butter tops well. Bake in hot oven (450 degrees F.) 15 to 20 minutes. Cut strawberries in small pieces and sweeten slightly. Reserve 8 whole berries for garnish. Separate halves of hot biscuits, spread bottom halves with soft butter and some of sweetened strawberries. Place other halves on top, crust-side down. Spread with butter and remaining berries. Garnish with whipped cream and whole berries. Serves 8. Dough may be rolled 1/2 inch thick, cut, and baked; split shortcakes after baking.

Lemon Pie—3 Eggs

1/4 cup flour	2/3 cup evaporated milk
3/4 cup sugar	1 teaspoon grated lemon rind
2/3 cup boiling water	1/3 cup lemon juice
1 egg	Pastry shell
2 eggs, separated	

Mix dry ingredients and add boiling water. Cook 15 minutes in top part of double boiler. Stir frequently. Add beaten egg and yolks and evaporated milk. Cook until smooth and thickened. Remove from fire. Add lemon rind and juice.

Cool. Pour into pastry shell. Top with meringue made by beating 2 egg whites with 4 tablespoons confectioners sugar. Brown in oven.

Cold Water Pie Crust

3 cups bread flour	1/2 cup ice water (scant)
1 cup shortening	1 1/2 teaspoons salt

Cut shortening into flour and salt until thoroughly blended. Add water. (Water should be just sufficient to cause mixture to hold together nicely.)

This recipe is sufficient for two ten-inch, two-crust pies. The pastry can be placed in the ice box and used several days later, if desired, or only one-half of the recipe may be used.

Cottage Pudding—1 Egg

1 3/4 cups flour	2/3 cup sugar
3 teaspoons CLABBER GIRL BAKING POWDER	1 egg
1/2 teaspoon salt	1 teaspoon vanilla
1/4 cup butter	1 cup milk

Sift flour and baking powder together. Cream butter, add sugar gradually and cream well. Add unbeaten egg and vanilla. Mix thoroughly. Add sifted dry ingredients alternately with milk. Pour into greased muffin pans. Bake in moderate oven. Serve with desired pudding sauce.

Banish Baking Worries

Forever

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Colonial Pudding

2 cups sifted cake flour	3 tablespoons butter or
2 teaspoons CLABBER GIRL	other shortening
BAKING POWDER	1 cup sugar
1/2 teaspoon salt	1 cup milk
	1/2 teaspoon vanilla

Sift flour once, measure, add baking powder and salt, and sift again. Cream butter, add sugar gradually, and cream together well. Add flour, alternately with milk, a small amount at a time, beating after each addition until smooth. Add vanilla. Bake in greased pan, 8 x 8 x 2 inches in moderate oven (350 degrees F.) about 1 hour.

Hot Water Pie Crust

1/4 cup boiling water	1/2 teaspoon CLABBER
1/2 cup shortening	GIRL BAKING POWDER
1 1/2 cups sifted flour	1/2 teaspoon salt

Pour boiling water over the shortening and beat until creamy. Sift in the flour, baking powder and salt. Stir together. Form into a ball and chill, then roll out to 1/8-inch thickness on a lightly floured board. This recipe makes two 9-inch pie crusts.

For pie shells to be filled later with a previously cooked filling, prick with a fork before baking; then bake pie shells 15 to 18 minutes in a very hot oven (450 degrees F.).

Noodles and Dumplings

Noodles

2 cups flour, measure	1/2 cup cold water added to
before sifting	eggs
2 well-beaten eggs	1 teaspoon CLABBER GIRL
1/2 teaspoon salt	BAKING POWDER

Roll thin, place in sun to dry. Then roll over and slice fine. Put in when water is boiling. Cook fifteen minutes slowly.

Chicken Dumplings

1 well-beaten egg	1/2 teaspoon salt
1 cup sweet milk	2 teaspoons CLABBER GIRL
1 pint flour	BAKING POWDER

Drop this batter by spoonful into the chicken broth, just checked from boiling. Let boil 15 minutes without stirring. Do not cover.

*Clabber Girl makes
friends of housewives
and holds them*

Old Fashioned Chicken Dumplings

2 cups flour	1/2 teaspoon salt
4 teaspoons CLABBER GIRL	2 tablespoons butter or
BAKING POWDER	lard

Rub shortening into a part of the flour. Use milk to make a stiff dough (3/4 cup is sufficient). Shape into dumplings by rolling very thin and cut as desired or drop from spoon in chicken broth. If dropped, do not make dough quite so stiff. Cook about 12 to 15 minutes slowly. Do not stir or remove top from boiler until ready to serve.

Chicken Pie

2 cups flour	1 heaping tablespoon lard
2 teaspoons CLABBER GIRL	1 cup sour milk
BAKING POWDER	1/3 teaspoon soda

Dress chicken, cut up and cook same as for stewed chicken. Have plenty of gravy. Thicken with flour and milk together, about 1/3 of a cup. Make a dough of 2 cups of flour; 2 teaspoons of CLABBER GIRL BAKING POWDER; 1 heaping tablespoon of lard. Mix well with 1 cup of sour milk, 1/3 teaspoon of soda mixed in milk; if not enough milk add a little water. Roll out same as biscuits. Lay on top of boiling chicken and set in oven to bake. An old hen is best for a pie.



Ways of Cooking

BOILING is cooking in Boiling Water.

STEWING is cooking in small quantity of hot water at low temperature.

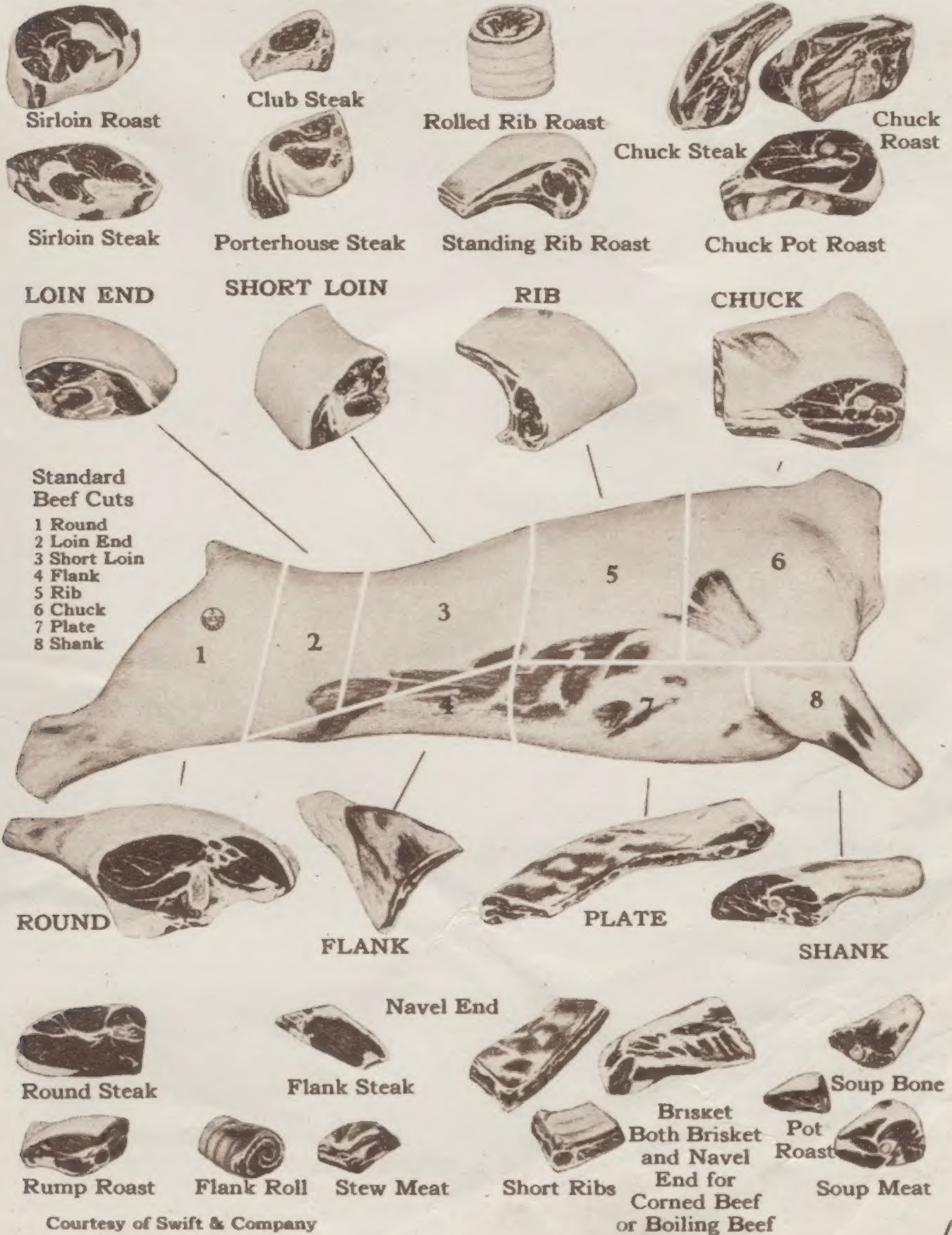
BROILING is cooking over a clear fire and the food placed in a greased boiler.

ROASTING is cooking before a clear fire or in an oven where you sear. The meat for roast-

ing is placed on a spit and allowed to revolve. Searing requires a hot oven, 550 degrees.

Beef is an extremely popular meat with the American public. There are various ways of serving the different cuts, which if known and understood by the housewives of the nation, would provide tasty and nutritious meat dishes at quite a saving.

The following chart gives the various cuts of beef and when temptingly served, the cuts from the chuck, the round, the flank and the plate will prove economic buys.



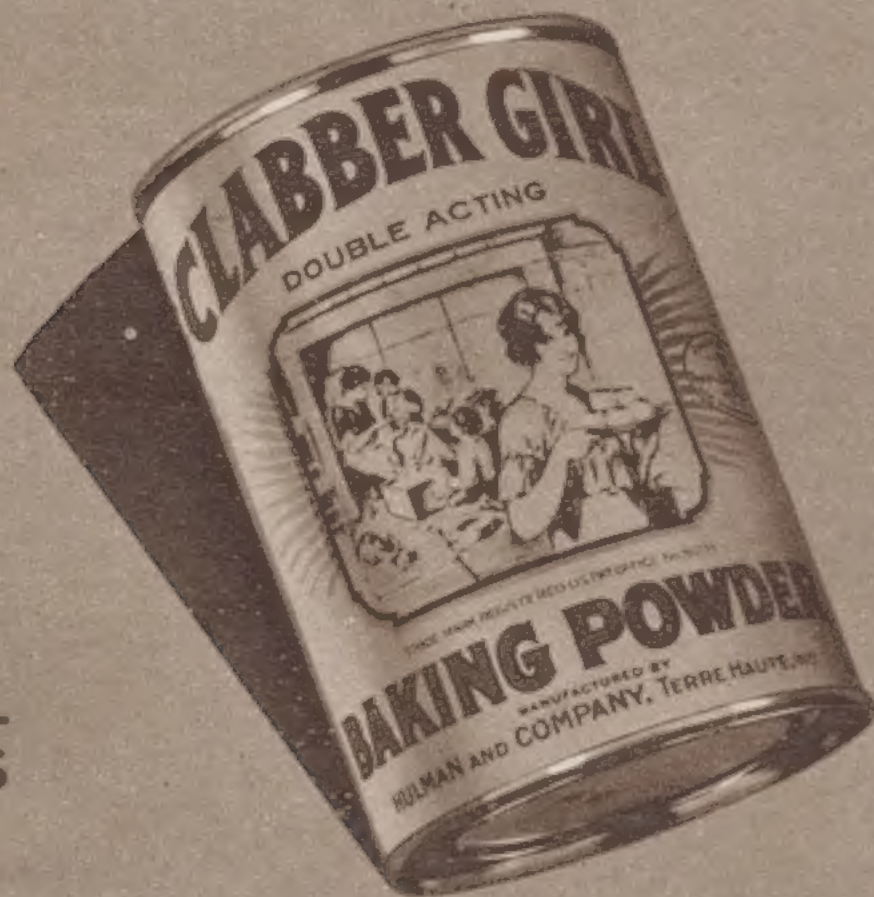
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32 Ounce Cans }

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